

MY LIFE IN A PRISON WITH INVISIBLE WALLS

...still dreaming about freedom

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***When the prison
doors are opened,
the real dragon will
fly out.***

Ho Chi Minh

INTRODUCTION

Still dreaming to be free

If you ask a school boy about the ideal life ... that is one without homework and very long vacations.

The summer vacation is the ideal time for them ... but still one day the autumn is coming.

If you ask an employee in a corporation about the ideal life ... he will say that he would love as the working week to have 2 days of work a day instead of 5.

The school boy, no matter the age ... is not feeling free.

Years ago ... when he was not in school ... he felt the freedom of doing only what he wanted to do.

The employee from the corporation, even if he knows that he is paid very, very well ... he is not feeling free either.

But why?!

Well ... cause the society is teaching us ... somehow by force ... to live in ... "prisons".

Now let me give you another example.

Let's assume the case of a businessman, that already had success, has a beautiful house, has money, a good company, a wife, beautiful kids basically everything.

And ... still ... if you ask him if he is happy ... he will only reply that a piece from the puzzle is missing.

I know lots of businessmen that have a great success ... and even if they have everything ... almost all of them have a mistress that is completing their lives.

It's a non sense ... i know ... cause most of them have the perfect life scenario.

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An amazing house.

A amazing car ... or cars.

A beautiful wife.

Very nice children.

... and?!

Why this nonsense?!

Why does a person look for something else when already has the perfect life?!

Well ... cause what we call ... perfection ... is only a dogmatic way of seeing life.

The missing piece from the puzzle is the mistress ... that makes him feel loved in a totally different way.

She makes him be ... a free person.

A hobby would make the school boy and even the employee from the corporation ... to love what is doing ... and also feel free ... enjoying the present activity.

You see ... no matter what path we chose in life ... the moment when we forget about the dogmatic path of living ... we feel the freedom.

We feel alive.

Our actions ... will look like a total nonsense to the others ... but we will be happy.

The human being is looking for perfection ... but the happiness is not found in there.

The dogmatism will never help us to ... be us.

But ... on the path of discovering ... the real path ... at least we will have the guts to ... dream ... about the real freedom.

... and one day ... you realize you've become a robot

How many of you ... realized that somehow ... we've become simple robots, doing repetitive actions that don't bring us any happiness at all?!

How many of you have the guts to meditate over this theory?!

Well ... we all know it ... and by a long time, but just don't want to talk about it.

Things are the way they are ... and is useless to believe that the whole situation will be different one day soon.

I've even been accused that i am having sex in a robotic way ... and i wonder why?!

Years ago a friend of mine told me that he was having robotic sex with his wife from that time ... and then he divorced.

He was not happy in the marriage by years ... and the marriage itself became a robotic one.

But what means ... robotic?!

How we should define that?!

Today i believe that we do in a robotic way ... the things we don't like to do ... but we do them anyway because we know we ... need ... to do them.

We are not really forced by others ... but by us ... because we don't allow ourselves to be free ... to act just as we should like to act.

You see ... we should permit ourselves to do whatever we want to do ... and also not to do ... what we don't like to do.

I mean the principle is quite simple ... but just don't have the guts to do it.

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We act like people from concentration camps ... but there is no nazy soldiers around to tell us what to do or not to do.

Or if there is any nazy around ... that is you ... talking to you ... ordering by force what you are allowed to do ... or not to do.

We have a robotic mental software ... easy to be defined, but difficult to be understood ... even by us.

And we continue as this ... on and on and on ... lying ourselves ... that tomorrow we will do it in the proper way.

But that day never comes ... because we don't dare to act in a way that might look ... wild ... undogmatic.

The robotic mental software is the way we accept to live our lives ... not having the courage to say ... "It's enough! I want a different life! ... starting from now!"

So ... so ... so many philosophers and all of them are hiding the truth

Have you ever thought what is behind the concept of freedom?!

I studied lots of books about personal growth ... and i really believed for many years in this concept.

2-3 years ago ... i read over social media, for the first time that personal growth is a crap ... and i could not believe i was reading this. It was like someone was telling me ... there is no God ... all you heard is a lie.

I continued reading ... without stoping ... but still from time to time ... i was remembering ... "Personal growth is a lie".

Later on ... i was speaking with a philosopher friend at a coffee shop about the theory of affirmations ... and she replies ... "Affirmations ... are just crap".

Again ... i could not believe it.

Another close friend ... that is very spiritual and very well connected to the Universe ... knowing that i read a lot ... repeated me few times ... "Reading is a crap. You read all kind of things ... without admitting that this is actually not the truth ... but what other people thought".

I knew that the great philosopher Osho read 100.000 books and then he stoped reading anything at all ... so it might be true what my spiritual friend was saying.

But what is the truth?!

What is the best path that we should follow in life?!

Well ... first of all i believe we all come with a lesson to learn during this lifetime and my lesson is not necessary your lesson.

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I also believe that today there is an inflation of philosophers and too many people are thinking that they are actually helping with their ideas.

The only thing that we should do is just connect to the Universe.

Ask for freedom ... but in a beautiful way.

You see ... people are talking ... but they are just hiding the truth in an amazing way.

And it sounds so great ... that i laugh of everything i read.

Maybe is time for all of us to think about finding the real truth inside of us ... connecting to the soul.

Everything you need is in the inner world ... not in what you see outside ... and you call reality.

Stop being dominated by thoughts that comes from so, so many directions ... and listen to the messages from the Universe.

Freedom means first of all ... not being dominated ... and one of the strongest forces from the world is the power of thoughts.

**Be yourself!
Cut the energetic cords to all the
ones that try to dominate you**

Have you ever thought why you heard that men over 40 are losing their minds?!

For a man ... the age of 40 is probably the best one.

I believed that 30 is better, but at that age we get lost too often.

After 40 ... a man ... knows what actually wants ... and most of all ... he wants freedom.

But freedom in a beautiful way ... a kind of special freedom for the soul.

And many men of that age ... even fall in love ... and many others around them ... define the situation ... as losing their minds.

But the problem is that on the path to freedom, being naive as so, so many times in the past ... just replaces one domination with another one.

Years ago ... he was in love with the wife.

Now is in love with someone else's wife.

And the man does not know what to think anymore.

Again ... and again ... and again ... the same question ... "what path should i follow?!"

Instead of deciding that is the perfect time for being himself ... the man is again dominated by a new story ... a love story.

The man of 40 ... is not finding himself.

... cause being yourself ... means to find yourself first of all!

But the man of 40 does not know the simple trick of cutting the energetic cords with all the ones that try to dominate him.

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Succeeded maybe with all the ones from the professional life ... but not with the ones from the personal life.

Continuing being so, so naive ... the life with the mistress becomes even much miserable than the one ... he used to have with the wife. The man ... changed the prison ... with another one ... but still does not understand what is really going on.

Too bad ... we were not taught tricks to avoid the domination ... but in the end after the end of the story "losing your mind" ... called "the love story" ... you have only one strong message into the mind ... "Start being yourself!".

And even if it looks like is a little bit too late ... you should try it.

But never forget ... that all people are connected with energetic cords ... and you are allowed to cut them ... if those persons try to dominate yourself.

Is just a decision ... the right one!

Sometimes “too late” means ... it’s time for a new chapter from your life

Slavery is defined as the condition in which a human being is owned by another.

Theoretically ... slavery does not exist anymore, but you can actually find it everywhere in the world ... especially in different kind of relationships.

Love should actually be a union of souls ... seen in the end as one soul living in 2 bodies, but the truth is that in many cases it becomes a relationship of 2 people that don't like each other anymore.

In fact they hate each other.

Jumping from love to hate is only one step ... because no one taught us what is love about and especially of the theory of union.

And everything goes into the direction of domination ... love being destroyed little by little.

If you look around you ... won't find so many happy couples ... but if you know their story ... you know that long time ago it was a love story.

So ... something doesn't make sense.

Fights, breaking things, ugly words that hurt a lot ... this is the way you should define them in the present moment.

You see ... the opposite of domination should be accepting the freedom ... the freedom of doing different things, of thinking in a different way as you do ... the freedom as the partner should be in society that individual personality also.

Souls can have a union ... personalities can remain different ... but still ... we have no clue of why something amazing becomes something that hurts us so much.

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We even begin to show our wild side... when we don't like what is going on ... and we start feeling like we are caged in something that we totally dislike.

Seneca used to say that even possessing the wild animals in a cage ... is dangerous, cause while giving them to eat ... they might try to kill you.

The same ... our wild side ... will kill ... not in a physically way, but spiritually ... the person that probably we loved the most during this life time.

And everything happens only cause we don't understand that slavery should not be a concept associated with the relationship at home.

Re evaluating the concept of freedom ... is the way of saving the things ... if there is something to save ... and if there is too late ... maybe is time to understand that a new chapter is waiting for you. Just embrace anything happens ... and treat with love ... even that "enemy" that you used to love so much in the past.

**And one day he discovered that all the
prisoners ... just disappeared.
Unfortunately ... a real story**

In the morning, a close friend called me saying that he wants to talk to me right away.

I start late my day, cause i need to write and drink 2-3 coffees before i leave home.

I've invited him to come to my house ... and he started telling me his pain ... his wife left him.

He needed a private detective ... and wanted to help him to find one over the internet.

I did not knew what to say, cause i knew his wife and i don't really know if everything was a huge misunderstanding ... or she was really having a love affair.

She is today 53 and she is close to 60 ... but i guess there is no certain rules for the age when you can have a love affair.

At one point ... i considered, listening to my friend ... that he is only a little bit paranoia.

But still ... she was not living with him anymore.

His sons also left the house where all of them were staying ... with their wives and little sons.

Somehow they all accused him that their beautiful house was kind of a prison ... where the father ... was the king ... and the rest were seen only as prisoners.

That only till one day he discovered that all the family members... just disappeared.

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He was alone in the house... not believing what is going on. During his life time he was a great real estate investor ... sometimes even of huge success ... but this time he lost control on everything. And actually lost everything ... cause his family felt him ... somehow accusing him that he created kind of a small scale clone of North Korea.

I know the guy ... he is really a nice guy.

He used to help me in the past with different things, even with real estate advices ... and did not like to see him today in this position ... so lost.

I tried to be motivational to calm him that everything will be ok ... but then I realized that he only wanted to find a detective to prove to his boys that their mother cheated on him ... and this is why she actually left.

He somehow wanted his family back, but in the same conditions ... as they lived for more than 30 years.

Instead of a change of attitude ... my friend was still dreaming that he will show them that he was right.

It was useless ... but probably the pain of losing the family was too big ... even if he treated them for such a long time as prisoners.

Sometimes ... the change is not an option.

My friend has enough money to pay a private detective ... but what for?!

No one will be interested to come back ... and live again in a prison. There are probably lots of families as that all over the world ... poor but also rich families ... and I thought that North Korea is name of a country ... not the name of a house.

Jealousy ... a dangerous territory

Few days ago, asking a dear friend what she's doing ... i've been a little bit surprised hearing that she's looking for buying a gps and a microphone.

I remembered that 2 years ago she asked me if i know a hacker that could break the instagram account of her boyfriend.

I only replied ... "Do i look like a hacker to you?!"

My dear friend looks like she is in the same story as 2 years ago ... or maybe i should say same matrix ... the matrix of jealousy.

She is an amazing person ... with a huge intuition ... but when it comes about her, i think she forgets her abilities.

The funny thing is that ... it happened many times in the past when i needed some informations about someone ... just to show her a photo with that person and she could tell me right away things about that person.

And every time, i saw after a while that she was right.

All i needed to do was to ask her out to a coffee shop ... and ask her ..."What do you think about this person?!".

Believe me ... she was better than the secret services.

Hearing that she needs a microphone and a gps ... i was laughing.

I even asked if she needs this for her daughter that is about 10 and maybe she needs to know if she is safe all the time ... but i knew she was very jealous and this question was related to the fact that she was believing her boyfriend has love affairs with some other ladies. But still ... i was wondering how a beautiful lady as her, with such an amazing intuition ... becomes blind and does not see anything at all when it comes about her relationship.

I even asked her ... "Why do you look for an answer that you already have?!"

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Somehow she was blinded by her jealousy and could not stop thinking about the fact that the guy was spending time with other women on dating sites ... or social media.

She was in kind of a prison ... cause she had those thoughts 2 years ago also ... and probably she will think the same 2 years from now also.

Looks to me that she did not lost only her intuition, but also her mind ...

She could not see that she was on a dangerous territory ... the matrix of jealousy.

But i forget to mention to you ... that by accident, another close friend of mine found her on dating sites also.

So ... she was very jealous ... but she was doing the same.

I love her as a friend and i did not wanted to think of me that i judge her, but i am still wondering why such a person, having great spiritual powers ... does not understand how the Universe is managed by some simple laws ... and that the outside world is just a reflection of the inner world.

Whatever fucks your vibe ... defines the borders of your own limits

On my path of trying to understand life and seeing that we live in a "prison" defined by our own thinking, i decided that the best decision is to become my own observer.

I try to analyze how i act and what i should do in all the situations from my life.

I saw that everyone around us ... and when i say everyone i really mean it ... prove to be experts when it comes about defining our lives ... and also gives us lots of advices, that probably they would never follow.

I laugh each time someone defines what i do and tells me what i should do.

Who knows better than me ... what is the best for my life?!

I might look to you like a person with a strong ego ... but i am not, cause there is still one situation that i care about ... and that is that i pay lots of attention ... when someone fucks my vibe.

Yesterday a dear person just changed my vibe in the middle of the day ... with almost no reason at all.

I tried to understand for hours what is going on ... but i had no clue. We just had an argue, about something insignificant ... something totally unimportant ... but somehow she pushed my "fucking vibe" button.

And she is a real nice person comparing to me, so i could not blame her.

But later that day ... the answer came to me.

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I actually disliked that she argue with me because of something very, very simple ... that she knew i was right.

I was not controlling a very simple discussion ... and i did not liked it at all.

My ego felt hurt.

It was not the reason, but the fact that i am not controlling ... not even simple things.

I tried for hours to repair my vibe in different ways ...and i do know lots of ways to do that but i couldn't.

The moment i understood that i am so idiot ... that i let myself controlled by my ego ... i closed my eyes and said "Thank you!" to my friend cause she showed me this ... by fucking my vibe.

Close friends destroy our vibes cause they have access to our inner worlds.

They know us ... and go behind our limits right away.

This is why fucking your vibe ... defines the borders of your own limits.

But i also believe that the word "border" is related with the word "prison".

We somehow define a cage ... where we feel safe.

When someone comes in there ... we just become nervous about it ... and the vibe is fucked.

Pay attention to all those details about your life.

It will help you ... keep your high vibe all the time ... much, much easier.

Just think about it!

Sometimes we become a cocktail of mixed energies and we wonder why ... but in the right combination ... a cocktail might be an excellent idea

Tasted only few times in my life cocktails, especially on the seaside ... but i like the concept of cocktail.

In the right combination, done by the perfect person ... a cocktail is welcomed, if you want to relax and enjoy the present moment.

Usually the alcohol gives us the sensation of relaxation, but i wonder what happens with the mix of energies we exchange everyday with the people from our lives.

It happens we meet happy persons, but also we meet unhappy ones ... so somehow we are going to taste all kinds of energies.

A happy person, might send you a good vibe, but what really happens with the unhappy ones?!

By one year i started to buy different used things from the internet. This idea came to me following a serial from Discovery ... and i suggest you should try it.

With very little money, you can buy amazing things.

But be aware ... things have energies also ...from the persons that used those things.

I know that by a long time ... but i still do it.

I started to see everything as a nice experiment of meeting new people, and in many cases i go to their homes also.

Today, i bought a tv.

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I called a lady, with a lovely voice .. told her that i will buy the tv and i will come to her place, but i forgot to go.

Later in the night, believing that i did not come because of the price ... she sms me with a better price ... and not having what to do ... i decided to go to her house.

Presented myself, she showed me the tv ... and i asked ... "does it work?! Lets try it!".

We tried .. but it didn't ... and i said ... "i'll buy it anyway ... looks good and is a good price."

I supposed we did not knew how to start it.

She did not know what to say as a reply.

Then i continued ... "i'm not watching tv by years ... so".

It was a total nonsense.

Came to her house to buy a tv, but i don't watch tv by years.

Well ...

Then i explained ... "i have houses that i rent ... and this is for a tenant".

"Ahhh! I see!"

I think she already saw me as a crazy person ... and i was laughing inside of me.

Then she helped me to take it to my car.

I parked near a beautiful Range Rover, and even if i own a beautiful car also ... i was driving today with the old one.

She asked .. "Is this Range your car?"

"Not ... that one ... the ugly one is my car"

I suppose she was thinking ... "This guy comes to my house, in the night, to buy a tv with the lowest price from the world, telling me that he actually is not watching tv, but in fact he buys for one of his many tenants ... so he is a rich guy owning houses.... and he has the ugliest car from the world".

It was weird ... but i smiled.

I was exchanging energy with her.

She did not knew what to say anymore... and i asked ... "Can i see your garden?! It looks amazing!"

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I had guts ... and she said yes ... and we started to chat.
I met her by 3-4 minutes and i asked her to let me see her garden.
I knew myself. Another 3-4 minutes and i would ask what she cooked tonight ... so i decided to leave.
I felt we exchanged lots of energies.
I saw her, her house, her family ... and she was a little bit surprised of the interaction we had in only few minutes.
There were many times when i visited different houses and had the feeling that i visit a prison ... but this house was not a one of them.
You see ... the house we live in and the things we have in there ... represents a little bit of us ... and i am not afraid of "tasting" ... their energies ... just by fun.
I like to go behind the limits ... see what happens in those interactions ... just like i did today.
A cocktail can be dangerous ... but also tasty.
So ... what is the secret?!
Well ... just take the good from everything you see and enjoy those interactions.
Meeting people is interesting, even if sometimes might look annoying.
But if we learn the art of connecting to people, show them love and respect even if we know them by only 3-4 minutes ... you will send them good vibes and they will send you the same thing in return.
Yes ... sometimes we become a cocktail of mixed energies and we should not wonder why ... cause in the right combination ... a cocktail might be an excellent idea.

Have you heard the term “unspoken expectation”?

Defining looks like the key.

But it might be only realizing the limits.

Not defining the real situation ... the real expectations we have ... in one point will create a big whole between you and all the people that you interact with ... especially with the ones that you have feelings for.

So .. how should we define the “unspoken expectations”?!

Well ... difficult to say ... but in one point you will need to say it ... even loud ... especially with the partner.

I would dare to define them ... as our real intentions, but also our limits in terms of relationships ... and all the time i hear the word “limit” ... i think of a cage.

Some people would define them in a beautiful way, but whoever stays in a cage ... is defined in the end as a prisoner.

The prisoner of his own expectations.

Truth be told we can't control what is going on around us.

We can just enjoy life as it is ... and nothing more.

So ... what if we think about a scenario ... of living without expectation?!

Should that be possible for a human being?!

Well ... too many questions ... and not so many answers.

All i can statistically say is that in 90% of the cases i had expectations ... i was hurt.

When i don't even mentioned them ... it hurt even more because everything happened inside of me.

But all ... it was only a way of seeing life.

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I did not thought of enjoying any situation ... just as it is.

Connect to it ... and enjoy it.

So ... how should we actually live our lives?!

Maybe the only trick ... should be to connect with people, treat them in a beautiful way ...especially sending them good vibes ... and don't ask anything in return.

Vibes ... are not material.

Don't see them as a merchandise that has a price.

Asking nothing in return ... is probably the real key.

I know that you also realize that the term "expectation" is related with the term ... "exchange" ... but ...

Think about letting everything ... come by itself not asking anything back!

At the right time ... the concept of abundance will come to you ... in many forms ... and it will be more than you ever excepted.

I know that is complicated to give ... without receiving anything back ... or too little, but relationships ... can't be treated as businesses.

So ... is better to replace the term unspoken expectation ... with enjoying the moment .. whatever it is ... and nothing more.

The rest ... what you need to receive during this lifetime ... it will come to you anyway at the right time ... even if you mention it or not.

One life indeed ... but can we have multiple realities?!

I wonder myself if a human being can handle multiple realities.

Not very often i meet someone that is satisfied completely by the life she or he has.

Something does not satisfy them.

Is not that they would totally change their life ... they would just taste something else also.

I believe that this is the reason why people are cheating.

They would like something new in their lives, but not change the actual partner, cause they are used like that.

This is the moment when they realize that they have only one life, but they want to live it ... and the idea of multiple realities appears as an amazing solution.

The "prisoner" ... escapes for a short time, but gets back to the reality right away ... after "tasting" ... something else.

I know lots of people that are doing that today.

A lady i recently met told me that she had a relationship with a gentleman for 9 years and she did not realized he is married.

When she found out ... she asked herself ... what is reality?!

How she could live for 9 years ... without seeing the signs ...

She was blind.

She could not believe how powerful he was for such a long time ... and she not even thought about that.

He mastered the art of switching multiple realities ... without any problem, but i think he was not totally satisfied of what is going on with none of the 2 ladies.

But 9 years ... is a very long time.

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So .. should we learn the art of switching realities?!

Just to be happy from time to time ... or learn the art of enjoying the present moment ... no matter of what this present moment means?!

Is difficult to answer.

The story i told you about is only one story ... but too many people dislike reality.

The art of switching realities is kind of a trick. .. used by lots of people today.

Unhappy people ... take drugs ... some of them only at home, in the night, so as nobody should know ... just to be happy for a short period of time.

Some are just drinking alcohol ... without anyone to know.

Same as the ones that are cheating.

All of them are unhappy and if they can be honest, they would say ..."i believe i have only one life! ... and it's my right to be happy.

Even for a short time".

Is it immoral?!

Well ... in general happiness should not be defined as immoral ... but the illusion of happiness still exists in every soul.

We should not blame them.

Or judge then.

Understanding the abstract concept of multiple realities ... will let you understand the connection between happiness and freedom.

But even .. the concept of freedom becomes an illusion.

"I'm not with someone I'm in relationship with myself"

I've just visited last night a close friend.

He was very unhappy.

His wife left him.

He believes that she was cheating on him and this is the reason why she left.

I could tell him ... "I am sorry! I am really sorry for what is happening to you!" ... but I decided to be a little bit funny.

I entered the house and said:

"So ... you are home alone.

Basically we can invite some ladies and give a party.

Pff ... I wish I could be in your position!

Divorced ... in my opinion as a man ... means free released from the prison of marriage.

My God ... you are so lucky!"

He could not believe what I was saying, but he started to smile listening to me.

The moment he was opening the door he was very unhappy and now he was ... smiling.

A very successful guy ... very wealthy ... but he was feeling that he lost everything.

Being alone at home ... almost destroyed him.

His vibe was saying that he is close to losing his mind.

There was not so much to say, because his wife decided to leave the house after 35 years of marriage.

Most probably she will not come back ... at least not during this life time.

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After i finished my jokes ... i explained him that somehow the Universe knows better what is the best for him.

Another closed friend was recently telling me that "I'm not with someone. I'm in relationship with myself" ... when i asked her about her love life.

She is a young girl ... but my friend was not so young anymore.

Truth be told marriages makes us feel that we live in a prison.

I felt for years the same, but the walls of this invisible prison disappeared in the next second i had the guts to tell this to my wife. I felt released.

Maybe the wife of my friend felt also that she was living in a prison and needed to escape and become a free person.

Or maybe ... it was the time for my friend to meet with himself.

Coming home and see he is alone ... and the only companion he could speak with ... should be his soul.

It was hard.

I am sure of that ... but we should always trust the Universe.

We would never receive lessons that we can't really handle ... but we need to believe ... in the fact that everything looks really bad ... will end excellent.

This might be the key.

Now i wonder myself ... what is much difficult ... to live with the wife ... or stay in a prison room you ... with you ... and your thoughts.

**The to do list of the day:
Nothing
Nothing
Nothing**

Yesterday, a friend called me at 10:30 am and asked ... "Hey! What are you doing?!"

"I am reading a book" ... i answered.

"You are reading a book??!! It's 10:30 in the morning ... and today is wednesday ... not sunday!"

"So...?!"

"I can't believe it ... you lost your mind! That's for sure".

I was smiling and continued our nonsense conversation.

Reading a book was the equivalent of doing ... NOTHING ... and losing my mind.

But my friend just started a new business and i don't blame him.

He is today in the matrix of "to do list".

You know, i read lots of books about how to organize our time, about to do lists ... the way we should split tasks, but i also remember a good book that had a chapter called ... "not to do list".

Of course ... we can place in there ... don't smoke, don't drink too much, etc etc ... but the author forget the essential in his examples.

What about ... "Don't forget to live your life?!"

Is that something important or is important as in the morning to write 3 pages of the different things we need to do ... because we need to do?!

What if you say ... today i refuse to do all the things i need to do ... and i will do ... nothing.

The to do list of the day is ... nothing, nothing, nothing, nothing.

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So ... i dare to wonder myself what is the difference between a free person and a prisoner.

A prisoner ... does ... nothing.

He is just living his days in prison.

But why a free person becomes the prisoner of his to do list?!

Why we can't find a formula to just enjoy life everyday?!

I mean ... what is the real life?!

The one from the week end?!

Why do we live in the prison of 9 to 5, monday to friday?!

Why we can't be happy everyday?!

Just to enjoy the present moment.

Maybe we should keep an excel sheet with all the days when we gave us the liberty to get out of the prison of doing only what we need to do and meditate and the end of the year, in the winter vacation ... staying in front of the excel and define the year ... but also program a better next year.

One ... of feeling alive all the time!

Are we allowed to change their thinking?! **You really think so?!**

Everyone has a lesson to learn in life.

I somehow always thought that is not correct that the Bible is written without a clear message ... but in the end the abstract lets us believe whatever we chose to believe.

I once read a book, written by George Soros ... where he defined himself as a loser when it comes about his abilities of philosopher. A guy who influenced the world in lots of ways, in many occasions ... had the power to write this about him.

On the other hand, i see all around lots of people that believe that they found the meaning and the secret of life.

They try to influence, asking for likes and applauses from the ones that are listening to them.

My question is today ... are we allowed to influence the world with our believes?!

I see an inflation of philosophers ... but not so many people that should send us good vibes all the time.

I am somehow doing the same.

I practice kind of an exercise of thinking ... defining ... and still asking myself ... what is the meaning of life ... why are we here for?!

Somehow ... i play around as many others.

I am still inside of a mental prison ... defined by all the books i've read, all the discussions i had or the things happened to me over the years.

Yes ... i am in process of believing that i still have a chance, doing this exercise ... of becoming a free person ... or at least not staying in a north korean philosophical prison.

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Many times ... i even laugh of myself, cause i realize i am my own dictator ... but also the prison itself.

Identifying ourselves with our thinking ... i believe is a pathless path. Telling to the others that we found the path ... and they should follow us ... is ... just funny.

Maybe ... we only found a path in the labyrinth.

Everyone should listen ... have idea of as many things as possible, but in the end ... just connect to the inner soul and feel the direction of the own life.

The real answers are inside ... not outside!

Just let them decide their own path ... not by changing their thinking ... but by teaching them how to connect to the inner soul.

That should be a better decision ... for influencing the world.

The disease of more ... ruins the beauty of enjoying life

Truth be told we are the slaves of our desires.

And the more we will get ... we will start to believe that we deserve even more and more.

We will travel on a path to nowhere ... chasing for an illusion ... but the blindness will never disappear ... maybe not even in the last moment of being alive.

But what is the disease for more?!

Well ... i suffered and still suffer of it in the last 20 years ... and i have an idea about it.

First of all i believe ... is kind of a way of feeding your mind ... with a drug that gives you all the necessary energy to fight for getting whatever you want in life.

I study today lots of motivational pages and i wonder myself if they keep the right balance between empowering people and not sending them on the path of ... more.

Success is being defined as having everything a human being can have on this planet.

In fact the best model is ... just have the life of a king ... or at least of a prince.

And we follow the guidance ... taking for granted these dogmatic believes ... that they are the best paths to follow in life.

Then, after 20 or even 30 years of work, realizing one day that no one of those things that you accomplished make you happy ... you suddenly see one day ... the pleasure of painting ...or writing a poem ... singing with friends ... enjoying a walk in the forest ... reading a book ...

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For all of those things you don't need any kind of success ... and not even any money to do it.

Is something you could also do 20-30 years ago ... when you started to work for your dream of having a huge success.

At the end of the road ...after all kinds of strange episodes .. fighting for years ... you discover that ... everything was useless.

You got everything ... but can't find happiness inside your soul.

You're been lied ... and you realize you followed a path that was not the right one destined to you ... but one that society whispered you to follow.

And maybe you start writing.

And you publish a book .. and you are so happy about that ... then another one and another one and another one.

Then you start dreaming about success as a writer ... and ... you become blind again ... having the same illness of more.

Wanting more ... is just a disease generated by the Ego ... that dreams of having everything a king has ... forcing you to stay in a prison ... which is kind of a gallery of art ... that has on the walls the paintings of all your desires.

But ... maybe keeping the right balance ... in everything life has to offer us ... should be the real key for accomplishing happiness.

Just think about it ... and be aware of all your dreams and goals ... cause at the end ... after succeeding everything we wanted so much ... we might see that we only followed the path to nowhere.

“Te quiero” or “Te amo”?! What is the real truth?!

In spanish when you say “I love you!” ... you actually say “Te quiero!” ... which is actually ... “I want you!”.
They also have the expression ... “Te amo!” ... but is not so used as ... “Te quiero!”

So ... the spanish, at least ... they are honest.

They associate the love story ... with “i want” ... with the desire.

So ... what is love?!

Or .. should i say ... how do we see love?!

Every time when i think of “how do i see” ... i remember that usually my thinking defines my limits and the limits are the walls of the mental prison i live in.

Maybe i should better ask ... do we have the guts to say the truth about the truth and that means is not ... “te amo!” ... but ... “te quiero!”?!

Everything is related with what we want ... and nothing more.

So ... even when we say we love ... we prove that we have limits.

But love should be infinite ... and infinite means without limits.

And the human being shows one more time ... the limited thinking when comes of understanding what life is about.

So ... maybe ... the key of understanding what is life ... is by understanding what is love about.

Loving with an open heart, without expectations ... without asking anything in return ... not even love ... might be a path.

“I love you because...” should be forbidden from our vocabulary.

Just ... “I love you!”.

Nothing much.

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Removing from our way of thinking and acting ... the limits ... means becoming a free person ... the next stage of the human evolution. But truth be told ... we are not saints ... we are just sinners.

Be what you expect the world to offer you

I once read an interesting statistical study.

It looks like if there is a car accident and only one person sees it ... will stop and try to help, but if there are 20 people that are seeing what is going ... no one will stop and help.

The funny thing is that seeing others around ... we will think that someone else will help and we will not need to do anything at all.

But the funny thing is that the others will think the same.

On the other hand ... i should ask ... what if you are the one from the car that had the accident ?! ... and you need help urgently.

What should be your expectations from all the people watching?!

And then ... you realize that no one ... is not even asking ... "are you ok?!"

All those expectations from those strange moments will hurt a lot ... and you will remember that for a very long time.

And i continue my questions ... what will you do next time ... when you will see a car accident or any other kind of accident?!

Will you help in any way the victims?! or you will just watch as all the ones from the statistical studies, expecting as someone else to help?!

So ... basically ... even if you was at the accident as a victim or just present in there ... you have in your mind just expectations.

But you never thought that you could also be what you expect the world to offer you.

Most probably this is a scenario that you never saw ... or no one told you about.

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Once again ... if you will be honest, speaking with yourself, being your own observer ... you will probably see that you are in kind of a prison of the dogmatic thinking and behavior.

You act ... in a total contradiction ... with what you expect from the others ... and you act same as they act.

The example with the accident ... is just an extreme one ... but in all the other cases ... when is something really important we act the same way.

We are defined by unspoken expectations ... and can't understand that we are the ones that can change the world into a better place ... even with small things ... helping anyone around.

Today i believe that everything is related with the word "dogmatic" ... defines us as prisoners ... and we should meditate more if we really want to continue living as that.

**The new society ... just an old story
... defined using other words?!
Well ... maybe yes ... maybe no**

We define ourselves as a new society ... and we believe we are totally different than other societies from years ago.

New means ... in our vision ... much powerful and much better.

But is that really so?!

Had the society really changed than the one from 10, 20, 50 or 100 years ago?!

Or ... we are just an old story ... defined in other words?!

Unfortunately ... the human being still suffers by individualism ... which somehow destroys everything.

The individual does not see the connection between him and society. Thousands of years ago, even if they did not had so many rules as today, the human being felt as part of the tribe .. and was one with the tribe.

Today ... the human being prefers the solitude.

Respects the law of the modern tribe, which is name society ... or community ... but does not really care of it.

There is a nice story with an old man that was staying at the gate of the Babylon.

A young man came in there and before he entered the city ... asked the old man ... " How are the people in Babylon".

The old man asked ... "How are the people where you came from?!"
"Not nice people. This is why i left"

The old man smiled and said ... "Unfortunately ... the people in Babylon ... are the same as the ones where you came from".

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Then another young man had come and ask the same question ... and replies to the old man that the people from the place he comes from are ... good people.

The old man then said ... "The people of Babylon are the same. Very nice people".

A group of boys that saw everything came to the old man and say ... "Why are you doing this? To one boy you said the people of Babylon are good ... and to the other one that they are bad"

... the old man smiles .. "You see my sons .. the way we see people ... is just a reflection of our souls. We see them as good .. or as bad people it does not mean is true".

The way we see the world defines the world ... in totally different ways ... but there is only one world ... defined in millions or billions of ways.

A good society is a society with individuals that know to act in a good way.

But we must be opened to the common interests ... to what we mean ... as a group of people ... as what it was in the past ... the small tribes.

We see a wall between us as individuals ... and the other citizens that we see good or bad ... totally missing the concept of ... us.

In the end we can be defined only as human beings that forms a so called society ... that is not unified.

We don't know to connect to the people around us and prefer to stay in a private cage .. cause this is individualism.

The people from around us are not good or bad ... but a society that we should connect to it, care about it ... and do something for it ... so that it can be defined in a beautiful way from the people from outside. So ... what is the difference between the human being from today and the one that was living thousands of years ago?!

Maybe there is no difference ... and new society ... represents just an old story ... defined using other words but probably the ones from tribes cared about what we call ... "us" ... the community.

Analyzing and being frustrated is useless

Learning the art of defining things is an excellent thing to do.
But in only one second you could be trapped in the believe that what you see is real.

In my experiment of becoming my own observer ... i learnt the art of defining.

I learnt it not by reading about it ... but by exercising ... and writing about all i lived ... even and ... maybe especially ... about the obsessions i had.

Every time something important was happening ... i was not only analyzed what i did ... but how i would do it in other ways also ... and when i say that ... i mean better ways of doing it.

I made lots of mistakes over the years.

Some of them tens or hundreds of times ... but the moment of awakening came only after i was asking myself ... is it a logical explanation on keep repeating it over and over and over again?!

And many times I became frustrated... and i consider this being a mistake also.

I was becoming one with the situation ... believing that ... what i believe was the absolute truth.

But was it so?!

Had i reached the absolute level of awakening without even realizing what i did?!

I am smiling ... cause you know the answer even if you did not know me so well.

Only 2 weeks later ... thinking about the same situation, i was laughing of myself.

I could not believe that i acted in such a silly way ... so, so many times in a row.

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I analyzed well what i did ... trying to define from 2 different angles ... the me from the moment the situation happened and the me ... at 2 weeks after the event.

Same person ... me ... totally different perspectives ... but unfortunately still frustrated.

All i had to do ... was just to take another shoot ... at least in my mind ... and ask myself ... how should i act this time ... if i already know what happened last time?!

And the Universe laughs of me ... many, many times again and again and again ... sending me the same tests, but in different ways.

I know i will still fail ... but i came to a point where i asked myself one thing very important ... no matter what happens, not to be frustrated anymore.

Just ... live the events ...learn the message behind the message ... and try each time to be the best version of yourself!

That's all it matters!

The change means ... having the courage of tasting something else also

In the real life, i am the father of 2 little boys.

I read thousands of books, but never about how to raise the children ... and probably never will.

Maybe i am not a good a good father, cause i don't spend so much time with them... but i have a trick about how to open the minds of my children.

All the time i try to take them to different places.

If we go out to a park, i show them another park ... if we go to a walk on the streets i take them to different areas in the city center where they can see the crowd of people ... and analyze it without even noticing.

You might laugh, but probably a kid is studying all around, especially when goes to a new place.

The adult does not pay attention anymore.

Kids discover the world ... when you go out with them to a walk on the streets.

The city center is beautiful anywhere in the world, especially in a capital ... and they will see a large spectrum of people in there.

They will discover the ... society and learn what society means just by watching.

On the walks i do with them ... my kids saw all kinds of things and people, but also saw in the city center ... homeless people that were asking for money.

I had to find a way of explaining that they are same as us ... but something strange happened to them and for a short time, they live

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this lesson of life called "how to be homeless".

But you ... see ... this is the real life.

A large spectrum of people and things and we must know it ... even from the beginning of life.

At the right time ... when the kids will understand what the concept "spectrum" means ... no matter what age they will be ... will know that the change is just ... having the courage of tasting something else also.

Even if it is good ... or bad.

When i was a kid, maybe 35 years ago ... i could define my childhood as ... boring.

Today ... we see the change everywhere.

A person of success is one that is adapting all the time to the change ... in fact is embracing the change.

The change should be seen as the main ingredient that life has ... so that we don't have a boring life.

Now ... between being bored and embracing the change ... i prefer the last one ... even if ... sometimes that means struggling or difficult times.

Having boring lives ... is just the result that we prefer to stay in a mental cage ... in a dogmatic world ... not accepting that we came of this Earth to enjoy different experiences ... and see the whole spectrum of life.

So ... just open your mind ... and don't let yourself trapped in a ... static world.

Open your heart and enjoy all the experiences that life offers to you!

Zoom in and zoom out the things and situations ... a way of defining what is going on. What if we should analyze everything from outside the box?!

Truth be told we are very good on defining other people's lives ... but we are not so good on being our own observers ... and defining what is really going on with us.

Everything is related to why we do certain things, why we act in certain ways ... why we can't be better ... the best version of ourselves.

But can we find the truth in details, after practicing the exercise of zoom in or zoom out on everything is related to us?!

Donald Trump used to say that ... "God is in details" ... and probably we should pay attention to everything so that we create a perfect world.

On the other hand, Michelangelo said that ... "The Devil is in the details".

So ... who should we believe?!

Donald Trump, that in the end is a guy that was the president of the United States or Michelangelo ... who was one of the greatest artists from the world?!

Well ... today i believe they both were right ... which is actually a paradox, but this is the truth.

Depending on the vibe we have, the situations we are in ... we might see the same situation in totally 2 different ways.

Zooming in and zooming out ... which means seeing into microscopic way the details or seeing the whole picture of any situation you are in ... might look like the key of understanding your life ... but what do

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you think about the technic or thinking out of the box?!

That should be analyzing yourself ... as it is not you ... just analyze like this should be someone else.

It is so easy to tell to the others what to do and how to do it ... but when we look at us, even seeing everything in micro or macro detail ... we take everything too personal ... and in the end we go to a blockage that just ruins everything.

And ... all happens this way ...because we stay in kind of a mental prison ... or name it cage ... or if it sounds too ugly you can name it ... box ... but seeing that it does not work ... anything you try ... maybe you might consider the technic of "thinking ... out of the box" ... a new path of living life.

But how should we do it?!

Well ... it is a metaphor that means to think differently, unconventionally, or from a new perspective. This phrase often refers to novel or creative thinking ... and that can be applied to our lives also.

So ... what is the trick?!

Just try to become your own observer ... but look from outside ... try to not be in the matrix ... analyze and find new perspectives of seeing life ... even if everything is related with yours.

**Why am i here?! ... my existential question.
Everything is already said and written
... but even if i studied a lot ... i
still don't understand anything at all.**

What is the message behind the meaning of life?!

Why are we here?!

Does life has a purpose or is just a set of lessons and we only need to understand the messages behind those lessons?!

Well ... when all those questions appears in your mind ... you are in trouble.

You will see that everything is just an illusion and will not know what path to follow.

But maybe there is no path to follow.

Maybe you should just admire everything around and be happy you are in this life ... nothing more.

You see ... in the end the concept of illusion becomes only kind of a labyrinth where you are trapped in ... and can't find any way out.

You even believe you are in a prison ... but the prison has no walls ... cause it is only an illusion.

Our believes becomes the invisible walls.

And?!

What happens where you are in a prison?!

What could you do?!

Could you have a normal life?!

What means normal?!

The set of questions does not end ... and still can't find the answer?!

But you know why .. cause you look outside, instead of looking inside of you.

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Meditate ... think what are those ... invisible walls ... and try to live a free life ... even if it looks like at one moment that you just can't get out of the labyrinth.

Then ... at the right moment, you realize that the purpose of life ... is just to get out of this so called illusion ... which means to learn how to be free ... but it's a different kind of freedom .. the real one ... difficult to be defined.

Practicing the non attachment ... non identifying you with anything you see around ... will be the answer.

Today ... there are many moments when i realize that ... everything is already said and written ... but even if i studied a lot ... i still don't understand anything at all.

... and maybe you feel the same ... but at least you should not be so worry ... cause we are 2 now ... feeling the same.

**Don't run away from the things you
totally dislike. You'll find the answer
in there ... and the answer
will let you continue your journey on the
path of understanding what is life**

When i started to write the book about the prison of our minds ... i came to a point when i started to dislike that i write about the subject.

I was trying to define in 100 ways this prison with invisible walls ... and i realized it was kind of a cocktail with dislike and pain.

Even if i had a clear plan of writing few books this year ... i even thought of abandoning the project ... but in the end i continued and asked myself many days in a row why do i feel this.

Later on the answer came to me trough my intuition ... but did not liked what i saw.

It was the fact that i understood i am not a free person and even worst ... i had no idea about what freedom was.

I started to see that in fact i've been involved in so many things, created a artificial purpose, that looked so real.

All those things that i named ... important ... were in fact those invisible walls of the prison i lived in ... and i had no idea that i am actually the builder of my own prison.

I disliked even hearing the word ... prison.

It was kind of a illusory concept ... that looked so fucking real.

I felt like in a labyrinth ... and found no way out ... but then i got the answer again ... it was ... just stop everything i was doing and laugh and laugh and laugh again.

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So ... could i do anything to brake the invisible walls?!

I remembered a story about Budha.

He was with his followers and one day he came at them to teach a new important lesson.

He had in his right hand a flower and was watching it for hours ... not saying a word.

Everybody was watching him ... having no clue about what is really going on ... except one of them that at the end came to Budha and said ... "I've reached the awakening and i was searching it in so many places even if it was under my nose."

I had to do the same.

I was not hoping to get the awakening state ... but still i wanted to feel free at least in some of the moments of my life.

The answer was simple ... spend my life more in the area of what i love to do ... and not in the area of what i had to do ... or at least keep the right balance between them.

But i am sure that this is too simple ... to apply the principle till the end of my life.

Coming back to the prison with the invisible walls will be only a matter of time.

One day ... the truth comes to you trough your intuition ... and you still continue to let yourself used by them.

Is it wrong?!

No ... just smile ... and let the Universe ... sends the message of the story to everyone.

There are many situations in life ... when you see that the truth is totally different than what you thought the situation is.

You could even believe that one person truly loves you ... but in fact behind that what you see as infinite love ... is just a interest and nothing more.

You realize ... you will only be used ... with everything that means ... but you need to accept the truth and see the situation as a life lesson for all the ones involved.

Should you stop?!

... or just continue ... and smile ... letting everything come by itself.

The paradox is that sometimes we are not used by the people around us ... but by the Universe to send a message to all the ones involved into the story.

Maybe the word "used" is not the correct one ... but letting everything come by itself .. you become a karmic character for the others involved the story.

Continuing, even if you know the truth ... becomes a non sense ... but the things are the way they are ... for a clear reason ... difficult to understand.

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Not reacting in a dogmatic way ... might create the model of a new way of thinking and acting in life.

But you must be tough for that.

Not everyone can accept betrayal as being a life lesson ... and that we need to go over the borders of our thinking ... and see everything in a totally different perspective.

There will be always a message behind the message ... even for you ... cause you are also involved in the story.

So ... maybe is time to define the unseen walls of the cage where your thinking stays ... and redefine a new style ... a thinking without any limit at all.

Gossiping about myself ... a new way of living

The human being love gossiping.

It's a real pleasure.

Even ... kind of a sport.

But something changed in the last years.

People realized that in an era of Mr Ego and Mrs Vanity ... losing the time speaking about the others is a nonsense.

Why should we spend time to talk about the others ... when we could describe and define us in front of other people.

Tell them... how good we are at everything we do, what beautiful cars we have, in what an amazing house we live in etc etc.

Everything is the description of the perfect life ... but the funny thing is that ... even not being an expert into psychology ... you could see right away that the characters of the story that you hear ... are not really happy.

Is kind of an artificial ... perfect life ... which in the end is still a non sense.

Today a guy with a fabulous Mercedes AMG came to me to rent a house.

I was with my old car.

The funny thing was that he knew me from years ago ... being for a short time a client of my company from that time.

I was even at his house at that time ... so i knew who he really is.

He saw few houses .. and after he saw my complex of houses ... then he was watching to my car and then to his car.

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He was explaining me how rich he was ... and did this years ago too when we worked together ... cause he was building now 24 houses .. and i was smiling ... and then he stoped, looked at his wife and said ... "I need to stop! This guy is 10 times richer than us and i tell him what i am doing.

He has that ugly car and me ... that fabulous car and still he is richer than us.

I need to stop! My God ... i need to stop doing this!"

Mrs Vanity and Mr Ego left disappointed, but before he left i was asking him a rhetorical question ... "Tell me one thing, how is it to feel rich?! What does it mean to be rich, because i never felt rich"

Smiled and said ... "Have the greatest car in the world, show to the others that you are like a king, but i will buy a car as yours to test why you are doing this game of hiding you are a rich guy. It's a cheap car anyway ... i will try it".

So, a guy that acted as the king of the world ... having a new amazing car, thought for a second of getting out of his mental prison and at least try for a day the trick with an ugly old car.

Gossiping about us is a new way of living and you will see it everywhere, but maybe it's time to read again the story ... Prince and Pauper ... written by Mark Twain.

It s an amazing story.

The prince was bored with his life ... hating everything he had ... and the pauper the same ... so they exchanged their lives.

So ... maybe is time to try something new .. go over the limiting believes we have ... forget about telling to the others how good we are ... in fact letting our Ego ... make the talking.

The meaning of life is not to be prince or pauper ... but taste every moment the beauty of being alive ... without spending the time to ... gossip ... about ourselves.

**Sometimes the words look like useless
... but not reacting ... we just prove our
weakness**

In the real life ... said it few times ago ... i am not a writer and not even a philosopher, but kind of a businessman ... involved in the real estate.

It happened that i built a complex of houses in an area with good potential, for the level where i play in business ... but the infrastructure in there basically ... just sucks.

To install electricity into the complex i had to start the 3rd world war with the electricity company.

It was a fight like David and Goliath ... and i lost a huge amount of energy till i succeeded.

I wrote tens of emails to them ... just to become ... basically a client of them.

It was a total nonsense... and i could not believe it.

One year later i was asking the mayor to do something with the road that goes to our houses.

I asked it for 2 years in a row ... and nothing happened.

I got really angry.

I even had a fight with the vice mayor ... but everything the idiot thought was that i have a love affair with his mistress and is not about the road, but about the mistress.

Again a nonsense and every time i pronounce the word ... nonsense ... i realize how limited we are as the way we think.

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I started to talk with the neighbors about that issue, asking them to make also a complain to the mayor.

I even told them that i will write the complain if they are too lazy for that.

They totally disliked the fact that the road was looking like a country road from 100 or 200 years ago ... but they don't even wanted to send an email.

In the beginning i wanted to start a war with the authorities ... then i realize i am loosing my time.

The mayor, the vice mayor and everyone from the City Hall were not caring about this issue even if more than 80-100 people were daily using that road.

It was no way of solving the issue.

Just write an email from time to time or whatsapp them ...

remembering that even the romans ... 2000 years ago had better roads.

Even starting a war with them was useless.

I remember what Mother Teresa used to say ... "I was once asked why I don't participate in anti-war demonstrations. I said that I will never do that, but as soon as you have a pro-peace rally, I'll be there."

But during his life time even Jesus was not understood ... while sending his messages ... so how should we hope that me ... as a simple citizen ... will send the right message with an email or whatsapp, just by using the power of words?!

Well ... today i still believe that one day, sooner or later, all the human beings will go the stage of awakening ... and we will not wait anymore ... not even for the mayor and his team.

... but not reacting ... at least by remembering them from time to time ... about Budha's main philosophical believes ... we just prove our weakness.

Calming the devil from inside of you ... sometimes ... almost imposible

Truth be told we want to control most of the times all what is going on around us ... but we can't even control ourselves.

We lose our temper ... then everything is amplified ... and instead of trying to calm down the situation ... we let the devil, that is inside of us ... to come out and destroy everything around.

It says ... we have a dark side and a beautiful side ... but we can't keep the right balance when acting on the stage of life.

Unfortunately ... there will be moments .. when we will need to show to the world that we are tough ... and the devil inside of us can play this role ... without understanding that probably the best thing to do in life is ... try to connect to people and make them understand through the energy we send them ... to care about what we are saying.

The dark side ... will always try to find any reason ... by forcing situations ... just to get what the Ego wants.

But are they so important ... the illusory desires of the Ego?!

Why we pay them so much attention?!

Why we accept in one point ... that we will do anything to get what we want?!

Why we can't calm down?!

... or should I ask ... calm down the Devil inside of us?!

Having desires is something almost natural ... for a human being ... but what we do when we have obsessive desires?!

Why we let ourselves controlled by them?!

Well ... these moments, when we become one with the desire, when we can't see anything else around ... but the obsession ... is the moment of losing the soul ... that beautiful side of us.

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We even start to believe that the dark side is a necessary part of the human being ... that help us ... on getting the obsession ... but we are too blinds to understand that we should keep the right balance between of what we can have in life and what we are not yet allowed to have yet.

The limiting believes ... the mental prison where we live in ... stop us from seeing the whole picture.

We only see the micro details and we can't really understand what is behind the obsession.

We lose control ... one time ... and then one more time ... and again and again and again.

The devil ... the dark side ... the ugly component of our personality ... name it how you want ... is on the stage ... having a war for getting the obsession.

Does it worth it?!

Well ... there is no way out from this labyrinth ... than abandon the obsessive desire.

Calming the devil from inside of you ... this impossible battle ... just a lesson of life ... with a message behind a message.

**Define your obsessions ... and find out why
some invisible walls are stopping you.
The best therapy ... after you lose your mind**

Today ... i would dare to say that if we don't really understand the purpose of the personal growth ... we will start to follow a wrong path ... one that will take us to nowhere.

Personal growth is not teaching you to reach success ... or mainly success, but to connect to your full potential in everything you do in life.

In one point, becoming one with the purpose, everything becomes an obsession.

The obsession of having that car, that house, that person that you already met, but you are not yet in a relationship with ... that ... that. ... that ... that.

Everything is about the ... desire.

I recently asked my kids ... "How should your lives look like without desires?! ... Without telling me and your mother everyday ... i want this and that and that and that?!"

Have any clue what their answer was?!

... they both said ... "Horror"

We never told them to be so interested about desires ... and it was something the kids discovered by themselves ... and probably, as any other human being they will continue to live as that forever.

Discovering personal growth ... they will find into that how to get in life whatever they will want ... especially the important desires ... the obsessions.

But ... personal growth ... is only trying to teach you why some invisible walls are stopping you from getting your desires ...

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dreams ... obsessions ... name them as you want.

That everything is related with the fact that you actually don't get what you want ... only because of you ... of your limited believes ... believes that sometimes you care so much about.

But carrying so much about them ... they becomes the barrier that stops you from getting the point of your full potential ... of everything you actually desire.

Today, after seeing so many personal obsessions in my life ... i don't think anymore at the law of attraction and those desires ... in the same time.

I try to define why i have that particular obsession ... and why i become one with it.

Does it worth it?!

In my opinion ... as i see things today ... the obsessions are negative components of our lives ... but in the same time a lesson of why it exists and why we should understand that is allowed for us to identify only with good purposes.

And let's not forget that the obsessions can take us in the position of losing our minds and we will need a therapy ... to survive.

Just learn to define and don't allow yourself to become one with your repetitive thoughts!

It does not worth to do it ...

How you cure ... the vanity?! **Well ... just by losing everything**

Truth be told ... vanity is a sin, but so many people have this disease today ... that society redefined the concept and created this illusory belief that vanity is a beautiful component of our personality.

People started ... copying the others around ... to believe that identifying with the material goods they own... they have a huge value and they are superior to the ones around them.

But the funny thing is that today ... we live in an era of abundance ... and everybody has a beautiful car, a beautiful house ... a beautiful boat etc etc etc.

Even being rich becomes frustrating ... cause too many people around have what we have ... and even more.

We come into the position that there is not so much space for ... vanity ... anymore.

Of course ... in the next second, having those feelings of inferiority ... we try to find the answers why the others have more than we have.

We start to believe ... that one has stolen from the petroleum company where he works, that one is an idiot and all his money comes from his father etc etc.

We have an explanation for everything ... and one more time we find out that we are the best.

Vanity ... wins again and again and again.

We don't believe anything what the Bible says about that ... but who cares anyway about the Bible?!

2000 years ago ... vanity could be defined in the same way ... but not so many people suffered of that disease.

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Today is like a virus.

We identify us with everything we have ... without understanding that a soul can't be defined in this way.

We are equal as human beings ... and we should not see borders between us.

But the "cancer" of our mental software ... creates a cage ... that does not allow us to act as souls anymore.

So ... is it any therapy for that?!

Well ... vanity can be totally cured only by losing everything you own ... or the things that really matters for you.

Or ... by opening your eyes ... and the door of this mental cage where you live in.

Life is too beautiful, but also too short ... to invest all your time and energy for ... vanity.

**Every story has an end ... even the ugly ones,
but we always forget that everything is just
a reflection of the soul.**

**Think with wisdom every time you start
following a new path in life.**

Life is difficult to be understood.

The funny thing is that each time I loved the path I started ... it was not an easy path to follow.

And each time when I did not like it ... the path took me to a beautiful end.

But the beginning itself it was always unclear.

Some journeys are too long.

Some too short.

Some ... never really start.

What I am amazed of is that even if we have a very powerful imagination, we never think that everything could be just a reflection of the soul.

... of our thoughts, of what we really wanted .. or what we always had in our minds, in a repetitive way.

But ... not even for one second ... we can not accept that this can also be a scenario.

And not even in the end, because even the ugly stories have an end ... we can't find the wisdom to see that we actually attracted in a way difficult to be understood ... all what happened.

But it happened anyway.

On the other hand ... it says that everything happens for a reason ... and is a life lesson.

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So ... we think about it ... as an obsession and then it happens.

But what we do in the end?!

Do we find a second to analyze and clearly define why it happened?!

It ended anyway, so you might think is not important.

I believe ... in the end ... there is only one thing to do when the story become just ... history and that is to find the message behind the message.

When the answer comes ... and you have the meaning of the lesson ... and also the wisdom that you will pay attention from now on when you start a new important path in life ... you will be at a new level of living your life ... at your full potential.

I know is difficult to accept that most of the things that we live are generated by our thoughts and we like only the theory with the law of attraction that ...we dream for a beautiful car and then we have it ... but we live in the world of yin and yang ... positive and negative and we attract positive but also negative things all the time.

Explore your mind ... ask yourself why you don't really like some situations from your life ... and then the repetitive happening of the same lesson ... will just stop.

The “cage” with desires ... or should i say the “cage” of desires where i usually live my life?!

You build what you call a dream ... then it becomes a prison ... but you still love it, cause it was an amazing dream ... then you are not allowed to stay there and enjoy it.

... looks like a nonsense.

What is the meaning of all that?!

... i mean ... the message behind message.

The great architect that designed the amazing building Opera from Sydney, Australia, was allowed to work on the project only about 2 years, then because of the delays, he was replaced with someone else.

But the guy, named **Jørn Oberg Utzon, which was a** danish architect, still remains in history as the one that came with the concept.

It is one of the 20th century's most famous and distinctive buildings. He had a dream ... a huge desire ... whatever you want to name it ... to create something unique ... but his role ended at one point.

He was the one who created the concept ... but later on, other people with stronger abilities for implementation, came and finished the project.

You see ... big dreams requires to become one with the dream itself. But it becomes in the end ... an obsession and whatever is an obsession ... you will never actually enjoy it.

The obsession is the illusion of trying to touch to horizon line ... which in fact can't be touch.

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It makes you become prisoner in the cage of desires ... but you only had a role to act.

So ... how do we know that the dream is the right path to follow?!

Well ... just let the Universe decide.

No matter if it is a love story, creating an amazing architectural project, inventing something that no one ever thought about till now ... just play the role ... enjoy it ... but don't be mad if at one point the Universe takes you out from that story.

Sometimes we can't clearly identify the difference between a dream ... a desire and an obsession and when looking into the future and having the feeling that you just try to touch the horizontal line ... that is a dangerous situation.

Most probably ... you will never enjoy it.

You are there just to do something for other people that will enjoy it.

Accepting the role ... letting yourself be "used" by the Universe is ... ok.

Maybe the lesson of your life, cause we all have a lesson to understand during this lifetime ... is that you should not stay so much in the "cage" of desires where we usually live our lives ... but continue on and on ... on other paths too.

**Sometime it just doesn't work
... even if you are such a good theoretician
and you followed all the rules**

Well ... after reading tens ... hundreds ... or even thousands of books you start to know theory pretty well.

You even "smell" everything is happening ... and even more ... you start to believe that you can predict the future.

I am not trying to laugh of you.

I speak more about me, my friends and the people i met during this life time ... and i know what i am saying.

But sometimes ... even if we follow all the rules and all theories ... things are not happening in that amazing way we dreamed for.

I wondered why for so, so many times ... till one day when i saw ... in an experimental way ... that no matter how much you try to follow some paths ... it just doesn't happen.

Today i believe that we are born to have a clear destiny ... but the way we start following the path we need to follow (which actually means to live the life lesson we need to live) is our decision.

We are sent in a labyrinth ... which even looks more a prison than a test of life.

The concept of illusion reveals itself more and more as you try to understand the meaning of life.

At one point ... you might even say ... that you know what is this illusory meaning of everything happens in your life.

You believe ... you found the way out of the labyrinth and everything is related with kind of an illusory awakening ... that you define as what is happening after you read, listen different theories or had lots of events in your life.

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And still ... even if you become a great theoretician ... in the end things happens just as the Universe wants to happen.

But ... it's nothing wrong with that ... cause this is the path ... the lesson we need to understand during this lifetime.

So ... dear friend ... forget about the rules, theories and others bla, bla, bla.

Just try to read the message behind the message ... and maybe i should not overreact and tell you to get the awakeningbut at least start the journey to that path.

That is probably ... the way of getting out of the labyrinth ... but this is also a simple theory and just my believes.

But ... maybe i should also say that i followed so many pathless paths ... that i am a guy with experience in ... failing and as Jim Rohn used to say ... if you want to get an amazing success study all the people that had that success or the ones that ruined their lives.

I still don't know in which category i am ... cause i sometimes have contradictory standards.

The repetitive messages ... the way the Universe tells you again and again and again ... the same thing.

It happened to me so many times to live the same lessons of life ... on and on and on.

It was like i was understanding ... but still i was continuing to make the same mistakes.

The repetitive message carries inside a message behind the message ... and i knew it by such a long time ... but still i was doing ... nothing.

My mental software identified myself with the victim stage ... and this kept me prisoner in a life style that never brings something great to me.

Sometimes i have good days, sometimes ugly ones ... but i was seeing the statistic of living the same events on repeat mode, as a simple coincidence.

One day, a dear friend, that understands energies very, very well ... asked me ... "But why do you think this is not happening to me, but only to you?! Why do you refuse to open your eyes and prefer to be prisoner in this world full with victims all over the place?!"

I was smiling ... cause i knew what she was saying, but i always wanted her to confirm me what i already know.

And she continued ... "I know you by few years and i saw the way things happened. You know the message ... but can't understand why you don't adapt yourself on the path of change for a new life. A beautiful one.

All you need to do is ... just open your eyes and heart"

I understood her message ... but i continued to be blind.

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It was like i felt stuck in a mental position and i can't do anything about it.

But the messages came to me daily ... and i was pretending i was not seeing them.

You see ... the Universe is only whispering ... but is your choice to decide if you also see a message behind a message or you ... think this is just the way the things are happening.

My disease?!
Well ... i have the decency to admit that
i want everything just for myself.
But what's wrong with that?!
Aren't we all want the same?!
Just the best for us ... and nothing more?!

I've met a friend on Sunday.

He was with his girlfriend and i've asked them:

"How are you my dear friends?!"

They look to each other and replied:

"We go to the mall to donate some money for a guy that has leukemia"

"Hmm! Is he your friend?!"

"No" the girl said.

"But you know him?!"

"No"

"So is not your friend and you don't know him, but you go and donate money for him".

"Yes. Is something wrong?!"

"No" i said and i left.

I understood something is wrong with me.

Both .. him and her ... were simple people and probably they donated 50-100 dollars, but the fact that they did it is very important.

50-100 dollars is not much, i know, but for them is still an important amount.

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That defined them into my eyes into a positive way, but i could not understand the fact that i was amazed that they donated money for someone that they don't even know.

It was a negative component of my personality that i started to see, but i was not finding a way of making a change for me.

To go and donate money for someone else, especially when you can do it, even if it is not a person you actually know ... is a decision that comes from yourself.

The fact that i was amazed ... was telling everything.

After meditating 2-3 days in a row ... made me understand that i am just following in life the paths of my own interests and nothing more.

Is that ok?!

Well ... let's say is normal ... dogmatic.

It was normal 2000 years ago and is normal today also.

But i just hate the word ... "dogmatic".

For me is almost the synonym of ... prison.

And indeed i realized i spent my life in the prison of my own interests and i can't find a way out.

Everything in my life is just about ... me and nothing else.

So ... i could do what?!

Just watch the fact that i have an addiction for my own interests?!

Well ... at any kind of addiction is important to admit you have the addiction.

It does not mean you will get rid of the addiction ... but it's a start if you really want to change your life.

And i continued to meditate ... how silly i am, but at least ... today ... i am aware of that.

You can run, but you can't hide ... when it comes about the meeting with yourself

I noticed and been noticed by someone else also that i run all day long.

But it was difficult to answer why do i do it?!

Why do i run all the time?!

I do that and that ... and i go there and there and there.

The final result?

Well ... no real result ... but chaos.

I was creating an energy field, defined by chaos ... and generated chaos all around me, even if i knew the theory and i actually had to do the opposite.

I wanted harmony in my life, but i also had an addiction for chaos and i could not find a way to change everything and follow the path to a beautiful life.

But few days ago, it happens i met a guy, with a strong message for me ... that came through the internet ... and rented an apartment.

He was a guy close to 50, coming to our area just to meet a lady and stay at me 1-2 months to be with her.

The apartment was a total mess.

I forgot to ask someone to come and clean it, but it was ok for him.

Said just that he will clean everything and he did it.

But he was disappointed only by one thing that we did not had tv cable in there.

The apartment was before an office and this was the reason why we did not had cable and the fact that i was not watching tv changed my view about that thing ... considering it unimportant.

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I was amazed that the guy was not disappointed about the fact that the apartment was not cleaned ... but the fact that he will not be able to watch tv.

I had to solve the problem right away, but not being possible as the tv cable company to instal it right away ... i had to manage things by talking to him ... just to delay everything.

So ... i asked why is so important the tv?! ... cause i just can't understand.

The guy looked at me and replied ... "I will stay in here in the apartament for 1-2 months, waiting for the lady to come back from work ...but it will be like staying in a prison.

Just me and my thoughts.

It will kill me to stay like that."

I smiled, cause is much easier to understand the message when you see what's going on with someone else.

The guy needed a tv just to get rid of his thoughts.

I was running all the time, doing different things ... doing the same thing as the guy ... running away from me ... of being me with myself.

I smiled again ... then i laughed.

Is so easy to define the others ... but we become blinds when it comes about ourselves.

Is funny ... cause we don't understand that we can run, but we can't hide by us.

And i see again that i've created some kind of invisible walls between me and me.

Silly ... but that's me.

I try to change ... and i start by admitting the addiction of running away and hiding.

**Reality might look as a prison ... if you're
overwhelmed by negativity, but it's
only a decision to look at it
from a different perspective**

I once wrote a book having the subtitle "Had everything, but I actually had nothing ...had nothing, but I actually had everything". Today i see things in a totally different way.

I saw a ... prison ... all around me ... now i understand that the prison itself was my mind, with the repetitive thoughts that somehow defined me as a negative person.

But i forgot to mention that the name of that book was ...

PHILOSOPHY OF NOTHING.

So ... i was on a negative frequency, but still i was sending the message that you don't need anything to be happy ... but only decide to be happy.

I knew the theory ... but i was not acting in the right way on the stage of the real life.

So ... is it wrong to see reality as a prison?!

But ... do we have any escape?!

I had so many questions in my life, that i decided to write about the fact that in many, many situations we live as in a prison.

But we are the prisoners of our own thoughts ... our own behaviors and the fact that we can't get rid of this statistic ... this is a real tragedy.

We lose our time ... spending a life that we don't like.

And time is passing ... but we still feel trapped in a world that has the same characteristics of a prison.

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And the funny thing is that we are the prisoner, but also the guardian that keeps us in there.

The key of the doors from the prison are at us ... but we are blinds and too silly to remember that.

Is not that we forget that, but we also can't even see that the prison has doors to get out of there.

The prison itself is the mind ... the mental software that tells us to avoid change, cause change can be dangerous ... or at least looks like dangerous.

You see ... all those invisible walls, all the negativity that defines reality in dark colors ... comes from inside.

Making ... the shift ... is only a decision.

Redefining reality ... repainting the whole picture in beautiful colors is the only way ... of saving us.

Get rid of the guardian from inside of you ... but also of the prisoner.

Just act free ... be wild ... be you.

Is nothing special ... only connect to the inner self ... and enjoy reality no matter how it looks like.

Will it be difficult?!

Look ... i tell you what ... just try it as an experiment and a beautiful change might come right away.

You have nothing to lose.

**Why the CHANGE doesn't appear?!
Well i've been trapped in a prison,
but the prison itself ... was me.**

During the years ... I've been searching answers about how to live a free life ... and become me.

On this philosophical pathless path I felt that i live in a labyrinth ... finding no way out.

I tried lots of ways ... but still ... no real result.

My dream was a quantum jump ... that should generate a big change right away, but whatever i was doing ... i failed.

One day ... i finally understood i was in a prison ... but one with invisible walls, and i kept myself prisoner in there for years.

The prison itself ... was me.

I read tens of books about success and also about change ... but the result ... was always the same ... an insignificant change.

Then ... i was becoming more realistic and thought that the big change will appear in a gradual way.

I knew the theory with the 10.000 hours of intensive work and then perfection will appear in the story i wanted for myself ... but once more i saw it was not like that.

Yesterday i've visited the worst communist prison from my country.

There ... from 1949 till 1956, the communists tried to re educate the people that did not agreed to Stalin's philosophy of seeing the new society from Eastern Europe.

Thousands of people were tortured for years ... just because they did not liked the new idea of change.

On the other hand in Moscow people that adored Stalin ... for reasons difficult to be understood ... were writing about him: "Wherever is

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Stalin ... in there you will find the success ... there will be the victory". When i first read the quote, i could even say that this is the most motivational quote i ever heard ... and i should replace the name Stalin with mine and repeat it all the time as a mantra... so maybe it will empower me.

I was walking through the prison, imagining how people had been treated in unbelievable ways ... but i was maybe treated myself in the same way ... but only as mental torture.

I was disappointed of me cause i could not brake the invisible walls ... but going through the rooms of the prison, i wondered who suffered more ... the people from those communists prisons ... or us ...the modern human being ... that is prisoner and guardian in the same time.

I started to laugh of myself.

I understood that people from that time have at least an excuse ... but i don't ... and also my friends, the people i know and all the others are living today ... cause we live in a world that we pretend is a free world.

So ... i should say is difficult to see why we act in such a way ... and don't give us the freedom to become ... us.

The personal process of re education ... failed ... at least for myself ... but i am still optimistic repeating Stalin's quote and laughing in the same time.

Sometimes ... the only thing left to do is to laugh ... and keep walking through life.

Nothing more ...